



Guide to Healthy Meetings and Events



Breakfast

Venues: Costco, Safeway, Trader Joe's, Whole Foods

Fresh Fruit- *with or without yogurt as dipping sauce*

- Ready-made platters available at Safeway, Costco and Whole Foods
- Pre-washed, pre-cut options or wash and cut a variety of seasonal fruit to make your own platter
- Fruit suggestions:
 - Berries: strawberries, raspberries, blueberries, blackberries • Bananas • Tangerines
 - Cubed melons • Pineapple chunks • Apples slices • Orange slices • Grapes

Yogurt

- Purchase low-fat yogurt, preferably with "live active cultures" and without high fructose corn syrup (HFCS)
- Best served in bulk container with cups and spoons for self-service
- Yogurt suggestions:
 - Horizon • Stonyfield • Activa • Wallaby Organic • Nancy's • Straus • Fage
 - Whole Foods Brand (365) • Trader Joe's Brand • Whole Soy Yogurt (Vegan)

Granola, Yogurt and/or Fruit Parfaits

- Provide vanilla yogurt, low-fat granola or whole grain cereal and/or fresh fruit for individual parfait creation
- Yogurt can be substituted with low-fat milk or soy milk for a cereal-twist
- Granola and cereal suggestions: Choose lower in fat and sugar, higher in fiber
 - Whole Foods bulk granolas: Low-fat apple cinnamon, low-fat strawberry-raspberry, or fruit muesli • Barbara's
 - Kashi: GOLEAN, Good Friends, Granola • Nature's Path • Trader Joe's Low-fat • Kirkland Spiced Pecan Granola

Instant Hot Cereal- *Have hot water available*

- Provide toppings if desired such as fresh or dried fruit, chopped nuts, honey, brown sugar, or low-fat
- Hot cereal suggestions: • Kashi GOLEAN or Heart to Heart • Quaker Oats Instant: Original • Nature's Path

Bread Products

- Choose whole grain baked goods lower in fat and sugar, higher in fiber and/or mini if possible
- Baked goods suggestions: • TJ's Low-Fat Bran Muffins • Flax4Life Flax Muffins • Fabe's Oat Bran Muffins
 - Thomas', Pepperidge Farm, or Western Bagel 100% Whole Wheat Mini Bagels (or regular cut in half)
 - Whole Foods/Rudi's, Trader Joe's, or Matthew's Whole Wheat English Muffin • Food For Life 7 Sprouted Grain

Cream Cheese and other toppings/condiments

- Kraft Philadelphia Light Vegetable or Plain Cream Cheese
- Assorted nut butters: Peanut (all-natural), almond, cashew
- Smoked Salmon (platter from Whole Foods)
- Low-fat cottage cheese: Nancy's, Horizon, TJs, Whole Foods
- Neufchatel or farmers' cheese
- No sugar fruit spreads (TJs, WFs)
- Fresh veggies for bagels
- Unsweetened apple sauce

Beverages

- Horizon Organic Low-fat Milk/Chocolate Milk, Stonyfield Super Smoothies, in individual boxes or bulk
- Silk Plain or Vanilla Soy Milk, in individual boxes or bulk
- Odwalla or Naked 100% juices, V8, in bulk or 8 ounce mini bottles- *Try them with sparkling water!*
- Sparkling water, plain or flavored: Whole Foods, TJs, and Safeway Brands, Pellegrino

Please note: refrigerated items such as yogurt and cream cheese, should be kept cold by placing on a bowl of ice.



Eat Well Berkeley is sponsored by Health*Matters, UC Berkeley's Wellness Program, and City of Berkeley Health Department.

